

St. John's Episcopal Church

"Our mission is to know and to share the love of Jesus Christ"



Rector's Essay

Once I took a retreat at the Jesuit House in Warnersville, outside of Philadelphia. At that time I was working my way through the Ignatian Spiritual Exercises with a Spiritual Director. A silent retreat was just what I needed to meditate on the stories of Jesus that St. Ignatius recommends.

On the second day of the retreat, I am sitting on my prayer stool in my cell meditating, when a vacuum cleaner roars to life just outside my door. At first I tried to maintain focus. Then I became frustrated. Finally, I grabbed my stool, stalked out of the room, and snapped at the cleaning lady.

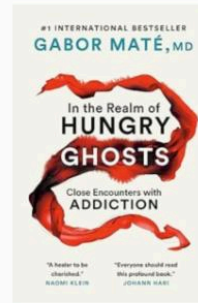
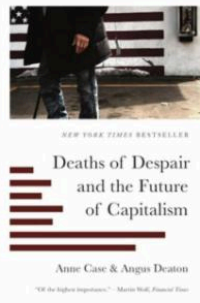
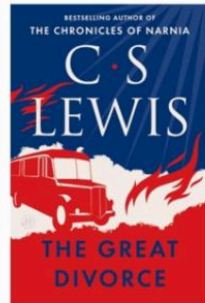
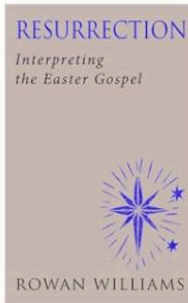
To continue reading this essay, scroll down.



No Streaming this Sunday

Our hard working Streaming Team will be taking a break this Sunday. So if you want to catch the service, you'll need to attend in person! We hope you'll join us.

Book recommendations from Fr. Kerbel for your Easter Reading



Resurrection by Rowan Williams - The best book on the Resurrection I know by the wisest theologian Anglicanism has produced in a long time.

The Great Divorce by CS Lewis: I read this slim volume overnight from Maundy Thursday into Good Friday and was deeply convicted by it. Lewis, in his masterful fashion, gives us a fantasy journey into the afterlife featuring a bus, some very crabby characters, lions (of course), unicorns, angels, etc. The book is a series of dialogues - sometimes hilarious and sometimes painful but always revealing - between departed souls and heavenly intermediaries who are attempting to help the souls find their way. Like many writings by Lewis it contains some retrograde attitudes here and there and some axes he loves to grind. If you can overlook the faults there is a lot to be gained.

In the Realm of Hungry Ghosts by Gabor Mate, MD - Hands down the best book I can recommend on addiction and street homelessness. Written in an engaging first-person style, the good Doctor relates his experience of treating people with addiction in the skid row section of Vancouver. If you want to understand the challenges facing our neighbors who are homeless and the people who give care to them, this is your book!

Deaths of Despair and the Future of Capitalism by Angus Deaton and Anne Case - Why do so many Americans die of addiction and suicide, especially white people in economically distressed regions? Deaton and Case - married Sociologists at Princeton University - researched this question and came up with some surprising results. Why would I recommend this in the Happy Resurrection Season of Easter? Because, the GRACE, HOPE, and COMMUNITY that comes from the Risen Jesus are the cures for the torment of despair! We followers of Jesus know the cure and we need to get much better at sharing it to save lives and souls!

For Parents and Grandparents and Children: **The Narnia Books** by CS Lewis! Read **The Lion the Witch and the Wardrobe** out loud to your children and grandchildren or give it as a gift for them to read on their own. Watch the movie - after reading the book - and wonder out loud to the children, "I wonder who Aslan really is?". After a few minutes, blow their minds by telling them that Aslan is Jesus!

Great Wednesday After Easter

We will take a temporary pause on Great Wednesday to give everyone who makes it possible a break, a chance to rest before we start up again. I will offer either a Bible Study or Book Study on Wednesdays in late April and May in a modified format that will include Eucharist and either pizza or BYO dinner. - Jarrett

Rector Essays

Each week, the electronic newsletter, This Week at St. John's, features an essay by Fr. Kerbel. You can also find his essays at <https://stjohnsbangor.org/rectors-essays/> including all past essays.

8:00am Service Returns

We are so excited to announce that beginning on **April 19th**, we'll be offering a service at 8:00am and at 10:00am.



Celebration of New Ministry

By the Grace of God
the Right Reverend Thomas J. Brown
Tenth Bishop of Maine
will celebrate the new ministry of

The Reverend Jarrett Kerbel

as Rector of
St. John's Episcopal Church
225 French Street
Bangor, Maine

on
Sunday, the nineteenth day of April
at four o'clock in the afternoon

Your prayers and presence are requested.

Clergy are asked to wear white stoles.

The service will be also livestreamed on
St. John's YouTube page.

The Rector is Seeking a Focus Group



Over my thirty plus years of ministry I have helped many people make the transition from toxic versions of our faith to the healthy version that the Episcopal Church - at our best - offers. My new project is to go from one-to-one work to offering a group for folks "recovering from religion." Many have been harmed - indeed traumatized - by churches that use excessive guilt, shame, and fear, to control their church members. My long held belief is that the church needs to intentionally work at becoming a trustworthy and safe space where folks can detox from toxic faith and discover that they can have a relationship with God that is joyful, happy and free. What I need are people who can assist me in designing, offering, and leading such a group experience. If you have lived experience with recovery from toxic faith, all the better.

Fresh Start

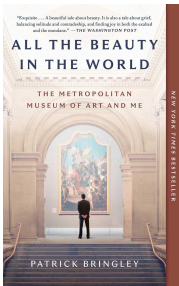
Thank you from Fresh Start for all St. John's does for them! They are currently in need of gently used or new bed linens and towels/washcloths. They have mainly full-size beds, but there is a need for twin and queen linens as well. Please either drop donations in the bin at the back of the church labeled "Fresh Start", or take them to the office during office open hours. Thank you!

Kairos Prison Ministry

Coming soon! Kairos has rescheduled for Coffee Hour on April 26th. Come hear about Kairos Prison Ministry, which helps build Christian community inside prisons through the transforming love and forgiveness of Jesus Christ. Kairos assists inmates who are lonely and isolated. Many feel abandoned-by society, by their families, by God.

St. John's Book Group

St. John's Episcopal Church book group next meets next on April 21st, 2:00pm with [Zoom](#). April's book is: *ALL THE BEAUTY IN THE WORLD: the Metropolitan Museum of Art and me*. The author is Patrick Brinkley, a 10 year guard at the museum. Interested readers may contact the church office for more information. New members are always welcome.





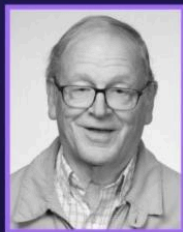
Presented by the
Rotary Clubs of Bangor,
Bangor Breakfast Club,
and Old Town



PRODUCED
BY
ROGER
GEORGE



STARRING
LOCAL TALENT
THAT YOU
KNOW & LOVE



JOHN
HASKELL

MUSIC OFF BROADWAY

REVIVING THE MIC!

SATURDAY, APRIL 11TH - 7:00PM

SUNDAY, APRIL 12TH - 3:00PM

PEAKES AUDITORIUM, BANGOR HIGH SCHOOL



DARLENE
MOGUL



NANCY
DYMOND



Tickets are available
at the door, from Rotarians,
or using this QR code...



ROLAND
DUBE

\$15 - Youth \$25 - Gen.Admission \$50 - Patron



EMILY
CAIN



JEFF
FARRELL



JOHN
GROVER



BEN
LAYMAN



CHRISTIE
ROBINSON



DANNY
WILLIAMS

Proceeds benefit Rotary's service to our local communities

Announcements and Prayer Requests

Please be sure to submit all announcements and prayer requests to [the office](#) by noon on Thursday for them to be included in the weekly announcements and bulletins. Please submit photos / posters as a JPEG, and announcements in Word (not in a PDF).

Rector's Essay continued

Now, I am not proud of that moment. Then, I was feeling pretty justified in my anger. After all, it was quiet hours when this disturbance occurred.

Still feeling grumpy, I relayed this event to my Spiritual Director. My wise spiritual friend nodded and took a longish pause. After the silence he said, "I wonder why God sent this woman to you at that moment?"

I was aghast. He wasn't supporting my annoyed petulance? He wasn't applauding my dedication to a regime of silence? I held my tongue, however, and considered my wise friend's query. I knew he loved me and that I loved him. I also knew that he was my spiritual guide and authority. After all, I had come to him because he was so much wiser in the ways of God than I was, so much more advanced in his intimacy with our Lord.

So I paused and examined my heart in the light of his question. And then I saw it: my entitlement, my arrogance, my self-centering. The woman with the vacuum was a child of God doing her job, earning her wages. I was only focused on me, and that is a fatal condition for a soul intent on spiritual growth. Our gauge of inner growth is the fruits of the spirit: generosity, gentleness, kindness, patience, love, faithfulness, and self-control. Boy, was I off base!

I bring up this story because during Easter Season we celebrate our new life in the Risen Christ. By drawing on the gifts that the Risen Christ bestows, we can grow spiritually and begin to embody the gifts of the spirit more robustly. I will be teaching and preaching on the Baptismal Vows a lot this Season so please continue to review them. Book of Common Prayer 301.

-Jarrett

Serving on Sunday April 12th at 10:00am:

Lectors – Jacqueline C., Ann H. and Kelsi H.

Acolytes – Dakota M., Scott B. and Robert F.

Ushers – Katharine F. and Eric G.

Counters – Hilary G. and Jim B.

Serving on Sunday April 19th at 8:00am:

Lectors – TBD

Chalice Bearer – Cindy L.

Serving on Sunday April 19th at 10:00am:

Lectors – Zach W., Evan T., and Chris M.

Acolytes – Eric G., Ruth G., and Edmund H.

Chalice Bearers – Richard W. and Nancy D.

Ushers – Andy H. and Patty H.

Counters – Ken H. and Don L.

Serving on Sunday April 19th at 4:00pm:

Lectors – Eric G., Eilon Z. and Michele V.

Acolytes – Dakota M.

Ushers – Jim B. and Mary W.

Thank you to all who volunteer as Lectors, Acolytes, Chalice Bearers and Ushers. If you would like to serve in one of these positions, please let the [office](#) know.

***Sunday's
Readings***

[Acts 2:14a,
22-32](#)

[1 Peter 1:3-9](#)

What's Happening This Week

Saturday, April 11th, 12:00pm: Second Saturday Community Meal. If you'd like more information or to volunteer, please contact [David and Rex](#).

Sunday, April 12th, 10:00am: Worship, in-person followed by Coffee Hour in the Undercroft. Nursery and Sunday School are available during the service.

Sunday, April 12th, 7:00pm: [AA](#) meeting in the Undercroft.

**Sunday
Worship:**
[Worship
Bulletin](#)

[YouTube](#)

**Morning
Prayer**
Monday -
Friday:
9:00am
Morning
Prayer
[Zoom](#)
[Facebook](#)

**Tuesday-
Friday:**
in person in
the Bethlehem
Chapel

**Evening
Prayer**
Monday -
Friday:
5:15pm
live on [Zoom](#)

Tuesday, April 14th, 7:00am: Men's Breakfast at the Coach House Restaurant in Brewer. FMI contact [Jim B.](#)

Thursday, April 16th, 5:30pm: Choir rehearsal

Sunday, April 19th, 8:00am: Rite II Eucharist spoken service, in person.

Sunday, April 19th, 10:00am: Rite II Eucharist with Choir, in-person and on [YouTube](#), followed by Coffee Hour in the Undercroft. Nursery and Sunday School are available during the service.

Sunday, April 19th, 11:30am: Vestry Meeting

Sunday, April 19th, 4:00pm: Celebration of New Ministry, The Rt. Rev. Thomas J. Brown, Tenth Bishop of Maine presiding.

Sunday, April 19th, 7:00pm: [AA](#) meeting in the Undercroft.

For more information about these and future events, as well as ways to get involved, check out www.stjohnsbangor.org.

Nursery Care and Children's Chapel

Children should arrive between 9:45 and 10:00 am in the Undercroft on Sunday mornings for Nursery care, ages 0-3, and for Children's Chapel, ages 4-10.

In **Children's Chapel**, we celebrate the boundless curiosity and wonder of our young ones as we delve into the stories and lessons of the Bible. We aim to cultivate a nurturing and engaging environment that teaches our youngest members the stories of their faith and promotes spiritual growth and a strong sense of community. For inquiries or to register, please contact Mary-Frances Beesorchar at children@stjohnsbangor.org.

Opportunities to pray together:

Sunday Morning Eucharist, at 10:00am in person and on [YouTube](#)

Morning Prayer, Mon-Fri, 9:00am on Facebook and on [Zoom](#)

and in person Tuesday - Friday in the Bethlehem Chapel

Evening Prayer, Mon-Fri, 5:15pm on [Zoom](#)

Volunteering is a wonderful way to give. Looking for the right Ministry Opportunity for you? Just click the link below for more information.

OPPORTUNITIES FOR MINISTRY

Parish Prayer List:

If you would like to add or reinstate a name or concern for our parish prayer list, please contact the church office or prayers@stjohnsbangor.org.

For the Sick, Injured, or Distressed, and for those who have requested prayer: The Rev. Victoria Sirota, Our friends at Fresh Start, Robert H., Brian M., and Fred K. **Continued prayers for** – Judy H., Finley G., Janet M., Susan J., Elena B., Jay B., Susan S., Loretta, David B., Jane P., Kelly M., D., M., L., Katie B., Ross M., MarLynne M., Steve S., Kent C., Ann C., Esther R., Scott, Christopher, Marcia & Richard, Russell M., Kyra H., Donald K., and Jane Z.

For our Homebound Members: Lilly P., Earlene B., and Eileen H.

For the World: for Peace and Goodwill among Nations and for peoples in places of violence or oppression, and for the many places in our world where there is danger and desperation. We continue to pray for the people in Ukraine and for the innocent people in Gaza, Sudan and Iran. For those suffering in other

countries in the Middle East. For an end to war and all forms of violence. For all who suffer for conscience's sake. For our enemies and those who wish us harm. For all suffering effects of climate change and of natural disasters. For refugees, immigrants, and those who are displaced.

For our Nation: For the healing of divisions and the celebration of diversity; for the recognition that no single viewpoint on any issue, no matter how important, is without human error; and for all who struggle to change our world and its systems of oppression and exploitation.

For the Leaders of our Country, State and Community: Donald J. Trump, President; Members of Congress, especially, Susan Collins, Angus King, Chellie Pingree, Jared Golden of Maine; Janet Mills our Governor; and Susan Hawes our Mayor; for those who administer justice in the courts of this land, that they all may serve our nation and the world with wisdom, civility, and compassion.

For our Military Personnel, especially those of this Parish: Sarah M., Dillan L., and Joshua M. For all members of our military currently in harm's way. We pray for peace. We also give Thanksgiving for all veterans and their willingness to lay down their lives for our country.

With Thanksgiving for the lives of those celebrating birthdays during the coming week including: David F., Sally F., Gavin F., Jamie M., Richard W. and George W.

For the Departed: Melissa Alleborn and for our service members killed in the current conflict.

The Altar Flowers are given to the Glory of God and in celebration of the wedding anniversary of Eileen and Russ Irwin.



St. John's Episcopal Church

225 French Street, Bangor, Maine 04401

207-947-0156

<http://www.stjohnsbangor.org>



St. John's Episcopal Church | 225 French Street | Bangor, ME 04401 US

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